

Today's Specials

Side of multi-grain bread ♥ 1.00 / **Lydia's crackers** ♥ 2.00 / **Buckwheat blini** ♥ 1.00

Cantaloupe Juice! m ♥ 3.00 lg ♥ 4.00

Add Sumacazon immune builder to your beverages ♥ 1.00

Raw Super Power Shake m ♥ 5.00 lg ♥ 6.00

W/ maca, raw cacao, amazing green grass mix, figs, blueberries & almond milk

Raw Tomato Basil Soup cup ♥ 3.50 bowl ♥ 6.00

W/ cucumber, red cabbage, spinach, carrots, basil, tomatoes

Creamy Sweet Potato Soup cup ♥ 3.00 bowl ♥ 5.50

W/ cauliflower, broccoli, ginger

Raw Tapas

Arame Seaweed Salad ♥ 7.00

W/sesame oil, carrot, daikon, collards, lemon, & parsley

Vegetable Croquettes w/cashew BBQ kreem & cruditee' ♥ 6.00

Middle Eastern Tomato Cucumber Salad w/ dill & olives ♥ 7.00

Kale Salad w/avocado & lemon dressing ♥ 6.00

Dulse, carrot, bell pepper, & tomato

Raw Tapas Plate ♥ 12.00

Dolmas w/ red cabbage, almonds, pine nuts, garlic & lemon w/ tahini sauce

middle eastern salad, cup of raw soup & crackers

Special Nori roll ♥ 7.00

W/ seaweed, avocado, & nut pate'

Cooked Tapas

Burrito w/buckwheat tortilla (wheat & gluten free) m ♥ 7.50 lg ♥ 9.00

Veggie Burger w/ buckwheat blini (wheat & gluten free) ♥ 8.00 Deluxe ♥ 9.00

Vegetable Masala & flatbread ♥ 6.00

Potato, carrots, red cabbage & other veggies

Vegetable Masala w/rice & salad ♥ 12.00

Roasted Yams w/ BBQ cashew nut "kreem" ♥ 6.00

Buckwheat crepes w/cheese or vegan pesto ♥ 9.00

w/ roasted shitake mushrooms & veggies

or ratatouille w/ French stewed vegetables

Buckwheat crepes w/ salad ♥ 13.00

Raw Peach Berry Pie ♥ 5.50

Raw Tropical Mango Pie ♥ 5.50

Raw Carrot Cake w/ cashew date frosting ♥ 6.00

We Offer Raw Food Classes